



Soldier part of Olympic ceremony. See page 13.

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Published in the interest of the people of Aberdeen Proving Ground

Vol. 45, No. 7 • February 14, 2002

## POST SHORTS

### Recycling schedule



The recycling pickup for Wednesday, Feb. 20, is paper. Put items in paper bags, boxes or bundles and place them on the curb.

### Bus reservations to military health facilities

Effective immediately, all reservations for bus service to Walter Reed Army Medical Center, Ft. Meade and Bethesda must be made telephonically at 410-278-1778.

Any patients not calling for reservations will be added on the morning of their appointment. Appointments at other medical treatment facilities should be made between 10 a.m. and 2 p.m.

### KUSAHC observes training, federal holidays

Kirk U.S. Army Health Clinic will observe a training holiday on Friday, Feb. 15. Acute appointments can be made through Nurse Triage, 410-278-1751.

KUSAHC will also be closed on Monday, Feb. 18, in observance of the federal holiday.

### New guidelines for immunization of females

New screening processes will be conducted on all women of childbearing age requiring immunizations at Kirk U.S. Army Health Clinic. Each female patient will be provided information concerning immunizations and pregnancy. Specific information will be provided on the vaccine or vaccines to be administered. Female patients will be interviewed to identify possible pregnancy. The interview and general information will be initiated and dated by the patient and the medical personnel conducting the interview and placed in the patient's medical record. If pregnancy is suspected, immunization will be deferred until a pregnancy test is completed. If the test is positive, immunization will only be given if clinically indicated.

### Automotive Crafts hours change

The Automotive Crafts Shop, building 2379, has new hours. The center is closed on Monday and

See SHORTS, page 2

## ISSUE HIGHLIGHTS

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CA update

# Gospel night tradition continues

E.C. Starnes  
OC&S

The U.S. Army Ordnance Center and Schools will host the 29th Annual Wilbert Davis Gospel Night Feb. 24, 4 p.m. at the Aberdeen Proving Ground Post Theater. Admission is free and open to the public. (See Editor's note concerning security precautions, page 12.)

This annual event, according to Sgt. 1st Class Ismael Martinez, coordinator, has become a tradition at APG in support of Black History Month. The theme for this year's observance is "The African-American Legacy: Contributions and Service in America's Defense."

Named for co-founder Wilbert Davis, gospel night began in 1973 to reflect on the spiritual aspect of the African-American experience in America.

"We wouldn't have made it through slavery without the gospel," Davis noted.

With Jim Williams, Davis set up the first gospel night in the Recreation Center. The event has outgrown several sites at

See GOSPEL, page 12



Photo by YVONNE JOHNSON

The Aberdeen Proving Ground Gospel Choir sings one of many uplifting songs during the 2001 Wilbert Davis Gospel Night. The choir and other local groups will celebrate the gospel night's 29th anniversary in song on Feb. 24, 4 to 7 p.m. at the Post Theater.

# APG's blacks on parade

(Editor's note: In celebration of Black History Month, the weekly series continues on African-Americans who are making a difference on Aberdeen Proving Ground. Whether prominent or not so prominent, they are a small sample of the potential that abounds in all of us. In 1969, Harford County Volunteer Fire Department welcomed its first black firefighter. Today, that firefighter is a battalion fire chief on the Edgewood Area of Aberdeen Proving Ground. He set the standards for the thousands of minorities who followed in his path.)

## EA trailblazer paves the way for black firefighters



Photo by YVONNE JOHNSON

Battalion Chief Charles Bernard Cox manages many firefighting and emergency operations from his office in the Edgewood Area fire station.

Yvonne Johnson  
APG News

It was 1965 and the civil rights movement that swept the nation was reaching its peak. Charles Bernard Cox, then a 16-year old high school student, read a newspaper article that said recent civil rights legislation had influenced Harford County to allow blacks into fire and rescue services.

"I can't say I always wanted to be a firefighter," Cox said. "Something just caught my eye in the paper that day and I guess I just thought it might be an interesting career."

Cox spent much of his time around firemen after that, asking questions and learning the business, then applied in 1966 but didn't get in until 1969.

In the meantime, he entered the state Job Corps program for teens.

Right away, he asked to form an auxiliary fire department to complement the auxiliary police corps. He was given permission, and formed the corps where he served as chief until 1968.

"I talked them into it," Cox said. "They could see I had a lot of knowledge about the job, so they let me run it."

He returned to his hometown, Aberdeen, in 1968, reapplied for a position on the Aberdeen Volunteer Fire Department and was accepted in 1969.

Including a break for a two-year stint in Vietnam, Cox served with volunteer units in Maryland for more than

30 years. He came to Edgewood as a battalion chief in 1991.

Cox said advancing through the ranks was "an uphill battle."

"People weren't always happy to see you move up the ladder," he said, adding that he persevered, ignoring the "good-old-boy" network, determined to advance to a leadership position.

He spearheaded the efforts to bring more blacks into the department and eventually became the second black to obtain the rank of captain in Harford County.

Cox said he owes a lot to the Aberdeen Volunteer Fire Department for the training and opportunities he received.

See FIREMAN, page 13

## The price of freedom is high, but never too high

Jim Garamone  
American Forces Press Service

"It is both our responsibility and our privilege to fight freedom's fight," President Bush said Jan. 29 during his first State of the Union address.

The United States will dedicate whatever resources it takes to defeat terrorism and make America safe, Bush said to the joint session of Congress at the Capitol.

"As we gather tonight, our nation is at war, our economy is in recession and the civilized world faces unprecedented dangers, yet the state

of our Union has never been stronger," he said.

Bush told the gathered legislators that the United States is committed to a long war against terrorists. And, he said, the United States will work with coalition partners to blunt the threat of weapons of mass destruction.

"All nations should know that America will do what is necessary to ensure our nation's security," he said. "I will not wait on events while dangers gather. I will not stand by as peril draws closer and closer. The United States of America will not permit the world's most dangerous

regimes to threaten us with the world's most destructive weapons."

Bush listed the accomplishments of America since the attacks of Sept. 11, 2001. He said the United States has buried its dead, comforted the victims, begun to rebuild, built a coalition against terror and liberated and fed Afghanistan. He said the United States and its allies have captured, arrested and rid the world of thousands of terrorists.

"The American flag flies again over our embassy in Kabul.

See SPEECH, page 12



White House photo by PAUL MORSE

Following the tradition begun by George Washington Jan. 8, 1790, President Bush delivers his State of the Union address to a crowded joint session of Congress in the United States Capitol Jan 29.

## FWP hosts annual training conference

Anne Gibson  
CHPPM

The Aberdeen Proving Ground Federal Women's Program will host its annual training conference on Wednesday, March 6, 7 a.m. to 4 p.m. in the Edgewood Area of APG. Six workshops will be presented by a variety of experts to emphasize career development opportunities and highlight specialized skills.

Online registration will be available soon. Supervisor approval is required to attend the free training open to all military, civilian, and contractor personnel at APG.

### Topics

Keeping your guard up: In the wake of recent national events, do you find yourself looking for constant ways to improve the safety and security of you and your family? Do you arrive at work or leave from work in the dark? Do you drop off or pick up your children from day care in the dark? This is the class for you. A trained anti-terrorist specialist will reveal to you when and where most unexpected physical attacks occur. Learn how to protect yourself from being vulnerable to physical attack.

See FWP, page 12

## Defense budget includes \$94 billion for military pay and allowances

Linda D. Kozaryn  
American Forces Press Service

The Bush administration's proposed fiscal 2003 defense budget request of \$379 billion includes \$94 billion for military pay and allowances. This would give servicemembers a 4.1 percent across-the-board pay raise, and mid-grade servicemembers would get another 300 million in targeted pay increases.

"We're competing with the private sector for the best young people in our country," Defense Secretary Donald Rumsfeld told members of the House Armed Services Committee Wednesday. "We can't simply count on their patriotism and their willingness to sacrifice alone."

The proposed budget also includes \$4.2 billion to improve

See BUDGET, page 6



**Post Shorts**

**SHORTS from front page**  
Tuesday, Wednesday through Friday it is open 11 a.m. to 7:30 p.m. and on Saturday, Sunday and training holidays it is open 9 a.m. to 5 p.m.  
The shop is a full-service automotive maintenance facility, offering self-help repair and training. Tools, equipment and lifts are available for all car care needs. For more information, call Cal Adams, 410-278-5178/2884.

**Toll free numbers for contacting VA**

For Veterans Administration benefits, information about education, home loans, disability, medical care, burial, life insurance and sexual trauma, call 1-800-827-1000.  
For other topics, call:  
\* Life Insurance, 1-800-669-8477  
\* Health Care Benefits, 1-877-222-8387  
\* Income Verification and Means Testing, 1-800-929-8387  
\* Mammography Helpline, 1-888-492-7844  
\* Gulf War/Agent Orange Helpline, 1-800-749-8387  
\* Status of Headstones and Markers, 1-800-697-6947  
\* Telecommunications Device for the Deaf (TDD), 1-800-829-4833  
For health care services, contact your nearest VA medical facility. To locate the nearest VA medical facility, go online to <http://www.va.gov/sta/guide/division.asp?divisionId=1>.  
To contact CHAMPVA:  
\* E-mail, [hac.inq@med.va.gov](mailto:hac.inq@med.va.gov)  
\* By telephone, 1-800-733-8387  
\* By FAX, 1-303-331-7804  
\* By mail, VA Health Administration Center, CHAMPVA, P.O. Box 65023, Denver, CO 80206-9023.

*(Editor's note: Information is courtesy of Veterans Administration Web site, <http://www.va.gov> and <http://www.va.gov/ybs/health/>.*

**Twenty-five cent Tuesday at EA Thrift Shop**

The Edgewood Area Thrift Shop will be having a sale Feb. 19 and 26. All clearance items will be 25 cents each. Present this ad, and the first 10 clearance items will only be 10 cents each.  
The Edgewood Area Thrift Shop is located on Stark Road, across from the golf course. It is open Tuesday and Thursday, 10 a.m. to 3 p.m. and the first Saturday of the month from 10 a.m. to 2 p.m. For more information, call 410-676-4733.

**USO-Metro, JETS co-host job fair**

The USO of Metropolitan Washington and the Joint Employment Transition Services, or JETS, is co-hosting a Job Fair Friday, Feb. 22, 10 a.m. to 2 p.m. at Spates Community Club, Fort Myer, Va.  
More than 60 companies with full or part-time positions will attend. Job seekers can meet representatives from high tech corporations, law enforcement agencies, security companies, temporary agencies and financial service companies, among others.  
The fair is free and open to all members of the armed services, their family members, retired military and Department of Defense and Coast Guard civilian personnel.

JETS and USO-Metro work together to produce quarterly job fairs. JETS is a consolidation of the Army, Navy, Marine, and Air Force Transition Services formed to provide employment information to transitioning service members and their families. The USO of Metropolitan Washington provides social services for the 300,000 military personnel and family members stationed in the greater Washington metropolitan area. USO-Metro is a nonprofit 501(c)(3) organization and receives no federal, state, or local funding.  
For more information, call Dale Jovero or Dawn Ruth at 703-696-2552.


**Local ski resort offers free lift tickets**

Whitetail Mountain Resort is offering free lift tickets to active duty military personnel, paid and volunteer firefighters and police, Feb. 14.  
Tickets are valid until 5 p.m. and can be picked up beginning at 9 a.m. at the resort ticket window the day of the event. Proper identification must be shown in order to get the free ticket.  
For more information, call Janie Waiters, Aberdeen Proving Ground Information, Ticketing and Registration office, 410-278-4011/4621.

**Tutor shortage**

Once again it is time to solicit support for the Aberdeen Proving Ground Tutorial Program. This Army Community Service program provides volunteer tutors to assist local secondary school students who are having difficulty in various subject areas.  
Counselors in each school select students who need help, and can benefit from tutorial assistance. Parents can contact the APG Program Coordinator who selects an appropriate tutor

from a list of volunteers. The tutor contacts the students' family to set up a mutually agreeable place and schedule. Most tutors meet with students for one to two hours a week.  
No teaching experience is necessary to participate in this program, just a desire to help the youth of our communities. If you are willing to tutor, provide name, address, telephone number, subject (mathematics, history, foreign language, vocation trade, English, biology, sciences, or other), and preferred geographical area, to Army Community Service, ATTN: Laura Reich, Army Community Service Family Advocacy Program, building 2754. If you need additional information concerning the program, contact Reich at 410-278-7478.  
Volunteer tutors are also needed for the Free State ChalleNGe Military Youth Corps. Tutoring is scheduled for Wednesday evenings, 7 to 8:30 p.m. Subject areas are mathematics, social studies, science, literature and writing. If interested in volunteering for this program, contact Dr. Webb at 278-6605/4541.



**Pollution Prevention**

*If you spill oil, break fluid, or antifreeze use an absorbent (i.e. sawdust, kitty litter, etc.) to safely clean it up.*

Pollution Prevention Program Office

**PACT offers 'Mr. Mom' class**

Parents and Children Together is offering a parenting class at the Army Community Service building 2754, 6:30 to 8:30 p.m., Feb. 19. Topic is "Mr. Mom."  
For more information, call Diana Hayes, 410-278-7478.

**Vehicle Registration office relocates**

The Vehicle Registration office relocated to the Pass and ID office located in the Aberdeen Area in the rear of building 4305. Office hours in the Aberdeen Area are Monday, Wednesday, Thursday and Friday (excluding RDO day), 8 a.m. to noon and 1 to 4 p.m.  
The Edgewood Area office in building E-4420 is open Tuesday from 8 a.m. to noon and 1 to 4 p.m.  
Personnel desiring to register their vehicle(s) must bring their current registration(s), proof of insurance, operator's license and government/civilian identification card.  
For more information, call the Pass and ID office at 410-306-2380.

**Host families needed**

Host families are needed for Spanish or French foreign exchange students, ages 13 to 18, visiting Harford County for three- or four-week programs in July 2002. Participation in this program offers families opportunities to discover a unique culture, learn a new language and participate in fun trips and activities. Visiting students can travel with the host family on vacation.  
For more information, visit Web site: [www.iffusa.org](http://www.iffusa.org) or contact Melissa Hawkins, 410-569-1868 or e-mail: [mhawk271@home.com](mailto:mhawk271@home.com).

**CYS summer program begins registration**

The school year is quickly going by and it is time to make plans for your child's summer vacation.  
The Aberdeen and Edgewood programs have summer openings for children who will complete first through eighth grade this school year. The program is available for nine weeks, June 17 through Aug. 16, Monday through Friday, 6:30 a.m. to 5:30 p.m. Tuition is based on total family income and will be determined at the time of registration.  
Waiting list forms are at the Edgewood Area Youth Services, building E-1902, the Aberdeen Area Youth Services, building 2522 and at the Central Registry Office, building 2752, 7:30 a.m. to 4:30 p.m.  
The Central Registry Office will call single soldiers and civilians, dual military and soldiers with a working spouse on the waiting list beginning March 11. When that list is exhausted, civilians with a working spouse will be called. Contractors and all other soldiers, civilians, and retirees will be notified if any openings remain. Youths who were enrolled in the summer program last year have no priority.  
Please note items that must be with you at registration:

1. Proof of military or Department of Defense affiliation and total family income
  2. Child's birth certificate
  3. An up-to-date shot record
  4. A completed health assessment/physical signed by your physician after Jan. 1, 2002
  5. A completed registration packet
  6. An annual nonrefundable registration fee of \$15 for each family member, \$35 for families with 3 or more children
  7. A nonrefundable, nontransferable deposit of \$20 per week for each child enrolled
- For additional information, call the Central Registration Office at 410-278-7571 or 410-278-7479.

**Make reservations at picnic area**

Outdoor Recreation is accepting reservations from Aberdeen Proving Ground organizations for the 2002 picnic season. All military units and civilian offices on post have first chance to reserve the Maryland Boulevard Picnic Area for their office picnics. No fee is charged for picnics held during the week. The picnic area is available on weekends for a small charge.  
Call early to get the date you want. An ice machine, PA system, refrigerator, picnic tables, pavilions, restrooms, barbecue grills, volleyball courts, basketball court, horseshoe pits, softball field, dunking booth and playground equipment are available.  
Call Outdoor Recreation for reservations at 410-278-4124, or visit building 2407.

**EAOWC to donate funds**

The Edgewood Area Officers' Wives Club will donate funds to various services and charities this spring. If your group or organization is interested in receiving a donation, please submit a request in writing, postmarked no later than March 1, to Diane Payne, 3013 Cascade Drive, Abingdon, MD 21009, or by e-mail to [kdjpayne@earthlink.net](mailto:kdjpayne@earthlink.net). Be as specific as possible in stating the purpose for which the funds are requested. Be sure to include the name, title, address, and telephone number of a contact person. Actual disbursements will be made in May and those who have requested funds will be notified at that time.  
For more information, call Payne at 410-569-5116.

**Weight Watchers at Work**


Lunchtime Weight Watchers meetings are continuing on post, and new participants are welcome. The program offers professional leadership, group support and a sound and safe weight control plan. It has helped the current group shed over 650 pounds.  
To learn more about the Weight Watchers at Work Program at Aberdeen Proving Ground, call 410-278-1151.

**MCSC to donate funds**

The Aberdeen Area Military and Civilians Spouses' Club will donate funds to organizations and charities this spring. Groups interested in placing a request for funds should do so in writing. Requests should include name of organization requesting funds, the manner in which the funds will be used, list of other fund raising efforts, and a contact person for the organization (name, address and telephone number). Requests must be postmarked by April 1.  
Submit requests to: MCSC, P.O. Box 752, APG, MD 21005, Attn: Welfare Chairperson.

**Military families get free Sunday admission**

In the wake of the national tragedies, Sierra Military Health Services, Inc., the TRICARE provider for Region 1, sponsors free Sundays during the month of February for active duty military families at Port Discovery in Baltimore and Capital Children's Museum in Washington, D.C.  
Several activities are planned for the kids, which may include creating friendship bracelets, drawing their face for the "Faces of Diversity" wall and designing squares for a "Peace Quilt."  
The following guidelines are in place at Port Discovery and Capital Children's Museum for active duty family members:  
\* Up to four family members may enter free with an active duty military I.D. (one I.D. per family is necessary).  
\* Must be active duty in order to receive free admission.  
\* Any Sunday throughout the month of February.  
\* The museums will also be open to paying visitors.  
Port Discovery is open on Sunday from noon to 5 p.m. and is located at 35 Market Place, Baltimore. For more information, telephone 410-727-8120 or visit Web site [www.portdiscovery.org](http://www.portdiscovery.org).  
The Capital Children's Museum is open on Sunday from 10 a.m. to 5 p.m. and is located at 800 3rd Street NE, Washington, D.C. For more information, call 202-675-4120.



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Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source.

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**For advertising matters, call Homestead Publishing, 410-838-4400. Send articles or information for publication to the APG Public Affairs Office, Building 324, Second Floor, AMSSB-GIM, APG, MD 21005-5005; call the editor at 410-278-1150, DSN 298-1150; fax it to 410-278-2570; or e-mail it to [editor@usag.apg.army.mil](mailto:editor@usag.apg.army.mil).  
Deadline for copy is Thursday at noon for the following Thursday's paper.**

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**SOLDIER CARRIES WTC FLAG**

Photo by U.S. NAVY JOURNALIST 1ST CLASS PRESTON KERES  
Women's biathlete Sgt. Kristiana Sabasteanski (second from right) along with other members of the U.S. Olympic team, hold a U.S. flag that flew over the World Trade Center on Sept. 11, 2001, during the national anthem at the opening ceremonies of the Salt Lake City, Utah, 2002 Olympic Winter Games Feb. 8. (See story on page 13.)



# For a healthy heart - exercise

Courtesy of <http://www.americanheart.org/>

As a general rule, it's better for people with heart failure to stay active. That might sound like contradictory advice, since the heart is already having trouble keeping up with the body's demands. Why make it work even harder? Well, moderate exercise actually can help the heart get stronger. Most people find that exercise improves their symptoms, reduces stress and boosts energy levels. Regular exercise also may lead to other important health advantages, including weight loss, better circulation and blood pressure, and lower cholesterol levels - all of which are especially important for people with heart failure.

Many people with heart failure aren't used to regular exercise or feel nervous about starting. That's when a cardiac rehabilitation program can be helpful. A cardiac rehab program lets patients start exercising slowly in a supervised setting, either at a hospital or outpatient center. While they exercise on a treadmill, stationary bike, or indoor track a few times a week, nurses or therapists monitor them for any discomfort or changes in symptoms. Over time their tolerance for exercise is likely to increase. Also, many people find it easier to stick with a structured program than continue exercising when it's over. Cardiac rehab programs often provide additional classes in smoking cessation, nutrition and stress management.

Check with your physician or cardiologist before you begin any exercise regime. Find out if there are fitness programs that are covered by your health insurance.

## Exercise tips

People with heart failure need to make time for moderate aerobic exercise, like walking, swimming or biking. They should always stay within their physician's recommendations and their own comfort zone. Here's a checklist of what to do and what to avoid.

### Do:

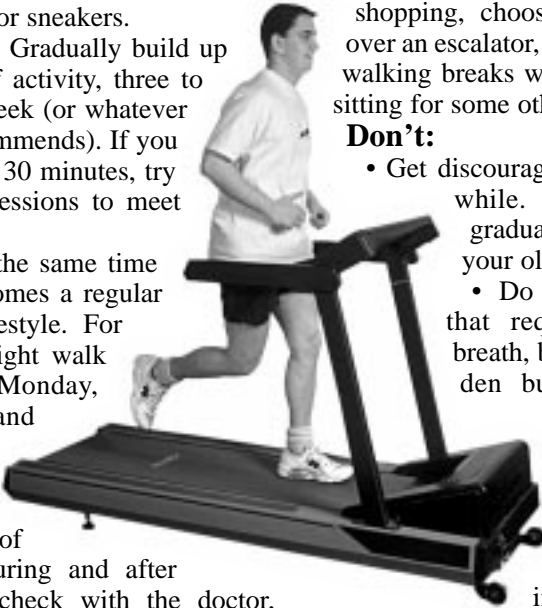
- Wear comfortable clothes and flat shoes with laces or sneakers.
- Start slowly. Gradually build up to 30 minutes of activity, three to four times per week (or whatever your doctor recommends). If you don't have a full 30 minutes, try two 15-minute sessions to meet your goal.
- Exercise at the same time of day so it becomes a regular part of your lifestyle. For example, you might walk every Monday, Wednesday and Friday from noon to 12:30 p.m.
- Drink a cup of water before, during and after exercising (but check with the doctor, because some people need to limit their fluid intake).
- Ask family and friends to join you. You'll be more likely to stick with it.
- Note your activities on a calendar or in a logbook. Write down the distance or length of time of your activity and how you feel after each session. If you miss a day, plan a make-up day or add 10-15

minutes to your next session.

- Use variety to keep your interest up. Walk one day, swim the next time, and go for a bike ride on the weekend.
- Join an exercise group, health club or YMCA. Many churches and senior centers offer exercise programs, too. (Get your doctor's permission first.)
- Look for chances to be more active during the day. Walk the mall before shopping, choose a flight of stairs over an escalator, or take 10-15 minute walking breaks while watching TV or sitting for some other activity.

### Don't:

- Get discouraged if you stop for a while. Get started again gradually and work up to your old pace.
- Do isometric exercises that require holding your breath, bearing down or sudden bursts of energy. If you're taking part in an exercise class or physical therapy, ask the leader or the therapist what these are. Also avoid lifting weights and competitive or contact sports, such as football.
- Engage in any activity that causes chest pain, shortness of breath, dizziness or light-headedness. If these happen, stop what you're doing right away.
- Exercise right after meals, when it's very hot or humid, or when you just don't feel up to it.



## Exercise is good — as long as you go about it intelligently

Innovations in equipment for the home and office have made quick work of chores. More and more of our waking hours are spent sitting, in front of a computer, in our cars commuting to and from work, and shuttling our families to and fro. While our brains may get a workout, unfortunately our bodies do not.

"Our bodies truly prefer to be in a balanced state, a balance between activity and rest, calorie intake and calorie expenditure, stress and relax-

ation," said Karen Friedman, a physical therapist with the Deployment Health Clinical Center at Walter Reed Army Medical Center in Washington. "When a person experiences too little exercise, many complications can occur."

Complications can include loss of flexibility, muscle mass strength, bone density, endurance and weight gain; activity intolerance; stored stress; poor sleep, cardiac concerns, elevated blood pres-

sure, and more. On the other hand, she said, a well-planned and consistent exercise program can positively impact on all of these concerns.

When we talk about exercise as part of a healthy lifestyle, Friedman said, we are speaking of making significant long-term changes in daily habits. A healthy lifestyle is not a hobby that you do whenever you feel like it. It involves making a commitment to look better, feel better and, in turn, perform

jobs and life roles more effectively.

For most of us, exercise must be planned.

Implementing and maintaining a lifelong exercise program involves commitment and strategy. Two key strategies in adopting an exercise routine are to make it realistic and enjoyable.

"Exercise is beneficial for everyone. Our military personnel are in a culture that encourages physical fitness as

See EXERCISE, page 5



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# FREE Money Management Seminar




Open to the Public

**Thursday, February 21st**  
**6:00-8:00p.m.**



APGFCU Professional Building in Bel Air  
(Behind the branch at 321 S. Main Street)

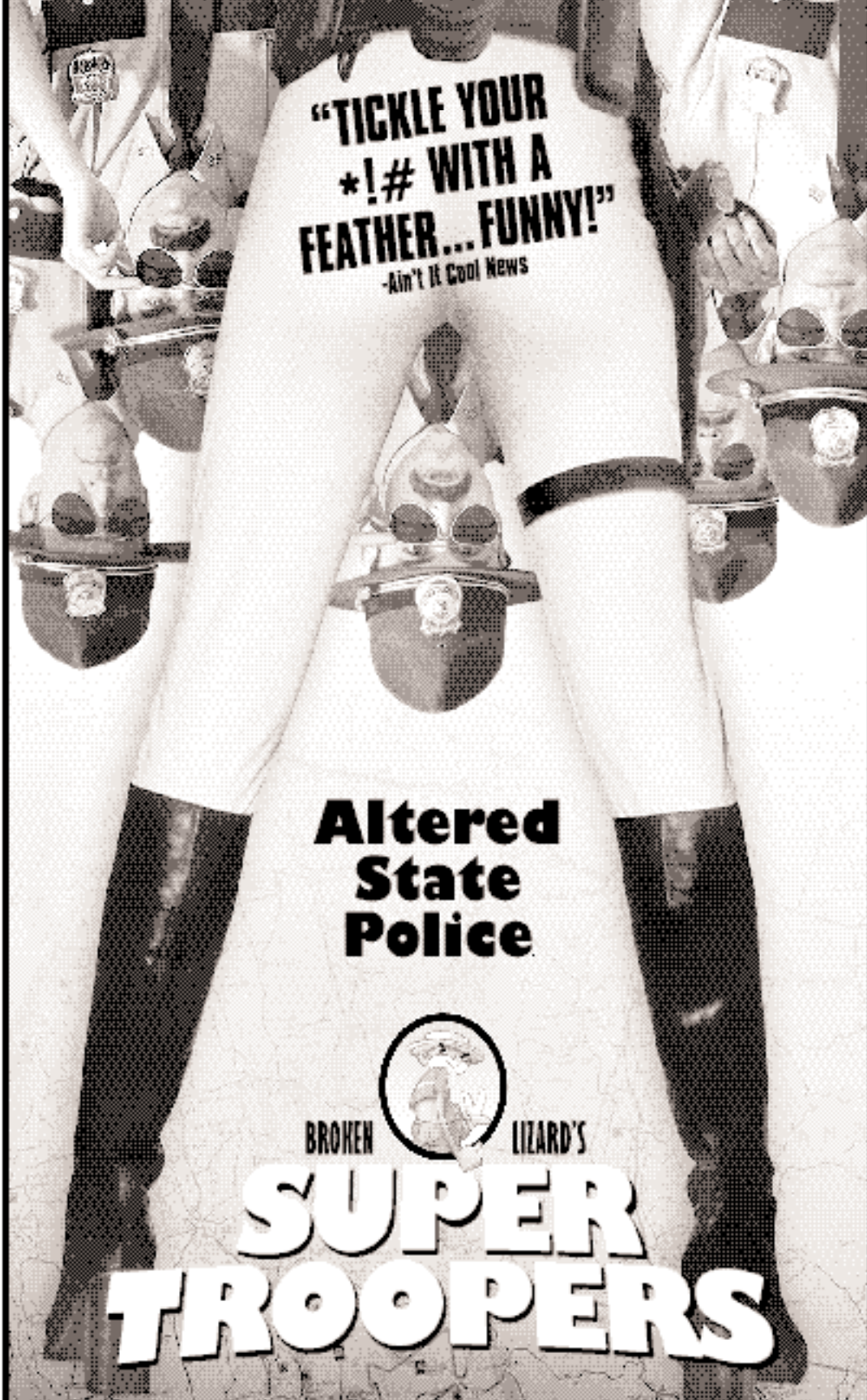
If you answer **YES** to any of these questions, **come see us!**

- Do you want to reduce your debt?
- Have you had recent loss or reduction of income?
- Are you having difficulty meeting monthly bills?



**Call 410-272-4000**  
ext 5557 or 5570 to register and save your space





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# Black women reaching top enlisted ranks

**Staff Sgt. Marcia Triggs**  
*Army News Service*

Army demographics reveal that black females are shattering glass ceilings, and obtaining senior positions that were once only held by men.

More than 50 percent of female sergeants major are black even though blacks make up 46 percent of the female enlisted population. Out of 14 female sergeants major in the Military District of Washington area, 11 are black.

Enlisted soldiers who attain the distinction of serving as sergeants major are the epitome of success in their chosen field, according to Army personnel officials. There is no higher grade of rank, except sergeant major of the Army. Sergeants major carry out policies and standards of performance, training, appearance and conduct of enlisted personnel. They advise and initiate recommendations to their respective commander and staff in matters pertaining to the local noncommissioned officer support channels.

Interviews with five of MDWs 11 black female sergeants major indicated that they were not selected as senior leaders to meet any Army quotas. They were promoted because they put soldiers first, did the "hard jobs" and took advantage of higher

education.

"It's sad, but after I made master sergeant I heard that I helped the Army make two quotas because I'm black and female," said Command Sgt. Maj. Barbara Smith, Fort Meade's Headquarters Command Battalion sergeant major.

Smith has been in the Army for 24 years and has served two tours as a first sergeant, one as a drill sergeant and another as the senior enlisted advisor to the Commander in Pacific Command. During the joint assignment at Pacific Command, Smith was the only female among her peers. She said in that role she met periodically with the sergeant major of the Army and his equivalents in the other four military branches.

Smith said that she addresses comments that question her position as a senior leader by saying that she worked hard for all of her promotions.

Anyone who thinks the Army promotes based on quotas is incorrect and needs to learn how the centralized promotion system works, said Sgt. Maj. Brenda McCall, the operations sergeant major for Military District of Washington Ceremonies and Special Events.

"If you look at the records of those who have made it to the top versus those who haven't, you'll see that the

people who hold senior positions have more and have done more than those who are not getting promoted," McCall said.

When it comes to promotion, the Army is as fair as fair can be, said McCall, who has served in the Army, mainly with divisions, for 26 years. Promotions are based on performance, and it's kind of hard to get around that, she added.

The U.S. Department of Labor's definition of a glass ceiling is artificial barriers, based on attitudinal or organizational bias, that prevent women and minorities from advancing within their organization and reaching their full potential.

The barrier that exists for so many in the civilian sector doesn't exist in the Army if a person decides not to sit on laurels, and instead works toward achieving the top, said Sgt. Maj. Rosemary Waters-Lindo, senior Equal Opportunity adviser for MDW.

Waters-Lindo has a master's degree in counseling and is a 25-year Army soldier. She said she was able to overcome her biggest challenge in the Army as a sergeant first class stationed in the MDW area by always being one step ahead of her peers.

"During Desert Shield/Desert Storm, I was in charge of 150 Intelligence Reserve officers," Waters-Lindo said.

"My boss thought that I didn't have the capacity to know what was going on because I didn't have an intelligence background, but I would come to work hours before everybody else to read and prepare myself for the mission."

For anyone who wants to be a good leader, regardless of gender or ethnicity, Waters-Lindo said, the old Army logo still reigns true. "To gain success, I hate to use the old motto, 'Be All That You Can Be.' However, I'll say be the best that you can be and go beyond what the Army is asking you to do."

Take one step at a time to reach the top, Waters-Lindo said, by setting goals. She said that she started writing down her goals as a private first class.

The Army is full of soldiers who are content with serving their country, following orders and riding the wave of normalcy. Then there are soldiers like Sgt. Maj. Andrea Marks, who volunteered to be a drill sergeant, went to Master Fitness and Airborne schools, has served as a first sergeant and is one course from completing her master's degree. She was selected as first sergeant after 17 years in the Army.

Marks, 38, the senior enlisted adviser in the Defense Threat Readiness Agency, said she started looking at how she

**See RANKS, page 5**



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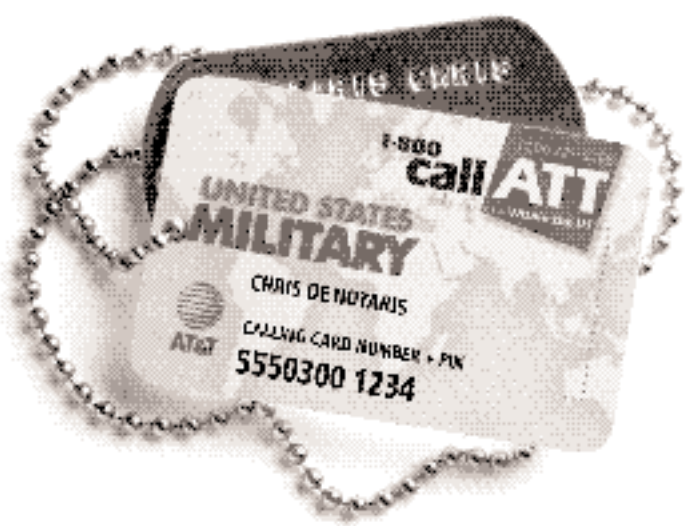
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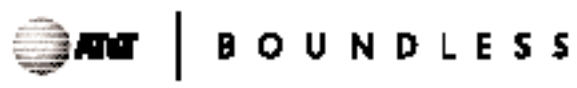


Photo by STAFF SGT. MARCIA TRIGGS  
From front to back, Sgts. Maj. Brenda McCall, Alice Dallman, Rosemary Waters-Lindo, Audrey Prestonsoto, Renita Cooper, Andrea Marks, Cincella Sherrod, Barbara Smith and Veronica Legette. They represent nine of the 11 black female sergeants major working in the Military District of Washington.



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# New job portal to send federal job listings straight to minority applicants

**Tanya N. Ballard**  
Government Executive

Under a new collaboration with Avue Technologies Corp., Blacks in Government, or BIG, is hoping to expand job opportunities for minorities in the federal government.

BIG, which represents African-American employees in federal, state and local governments, has long pushed for more diversity in the federal workplace. Through its new partnership with Avue, the organization hopes to open up more federal career opportunities to its members.

Avue, a technology company that specializes in workforce management, is creating a software program that will allow BIG's Region 11 members in the Washington metropolitan area to access federal job opportunities from the organization's Web site.

"We met and exchanged information and determined that this would be a very, very good partnership if we could work

with BIG to help get employment opportunities to the BIG membership and at the same time help the membership really understand what the process is like and what they will be going through and give them as much access as possible to these jobs," said Linda Rix, one of two chief executive officers at Avue. "They don't have to go out and look for these opportunities, the opportunities will come to them."

Avue has worked with several federal agencies, including the Library of Congress, to provide a Web-based portal for potential employees to submit job applications. Agencies provide job descriptions and list the qualifications needed for jobs they need to fill. Then employees submit their resumes. Avue's program sorts the job candidates based on how well they match the criteria for specific open positions. The best matches are sent to federal managers who make the hiring decision. According to Rix, this system makes the federal hiring process

more equitable. "When applicants enter their information, they are all going against exactly the same criteria and being evaluated," Rix said. "Managers aren't reading the information and making a value-based judgment."

Rawle King, president of BIG's Washington area membership, said the partnership works because Avue is committed to using technology to help eliminate discrimination in the hiring process.

"We just want to be able to compete fairly for these jobs and to get information that these jobs are available," King said. "It's a way in which our members can have options that they currently do not have, and we're using technology to do that very efficiently."

Phase 1 of the job portal will debut on Feb. 23, with the site becoming fully operational in April. BIG and Avue hope to extend the portal to all BIG members in other metropolitan areas.

# Exercise

**From page 3**  
part of daily routine and readiness requirements, Friedman said. "Civilians may also be in a climate that fosters a healthy way of life, but too often members of both groups find themselves with too little time and too much to do and no time to exercise."

A balanced exercise program, she continued, contains stretching for flexibility, cardiovascular activity to increase endurance, strengthening exercises to increase muscle mass and bone density, and variety to avoid repetitive stress injuries and boredom. Try to exercise 30 to 40 minutes at least three times a week, she recommended.

She discussed a sample program for five exercise sessions a week. Try three sessions of cardiovascular exercise followed by stretching, she said, and two days of strength training with either machines or free weights followed by stretching.

Good choices among cardiovascular activities, she suggested, include walking or running on a treadmill or track; bicycling on a regular or stationary bike; swimming or

water walking; and using cross-training, stair climbing and rowing machines.

Friedman shared some thoughts for beginners and veterans:

- Set a comfortable level for the first few exercise sessions. Too many people mistakenly start so ambitiously ("no pain, no gain") that they become sore and discouraged. Then they quit. If you haven't exercised for a while, a 15-minute neighborhood walk is a good start.
- Begin your exercise session with a warm-up and end with a cool-down. Follow up your exercise with stretching to help ward off soreness and to increase your flexibility.
- Slow, gentle stretching exercises are more effective than fast or abrupt movements. Stretching should not cause pain. Never bounce when you stretch.
- Dress appropriately. Wear loose, comfortable clothing in light layers that you can remove as you warm up.
- Wear the right shoes. Knee, hip and back problems can occur if shoes don't sup-

port your feet properly or are worn out. Also, orthopedic problems in your legs or feet may require medical treatment or special shoe fittings called orthotics.

Some people shy from weight training because they don't want to "bulk up." Friedman said the key to gaining strength but not large muscle masses is to do more repetitions (two or three sets of 10 "reps") using light weights.

Exercise when you're most geared up for it. For instance, don't do mornings if you're the kind of person who needs a coffee transfusion to open your eyes. Try not to exercise after dinner, because raising your metabolism when your body is trying to wind down for sleep invites insomnia.

Find out what motivates you to stick with your program. One person might need

company and encouragement while another prefers being alone to decompress and ponder.

Get a medical check-up before starting an exercise program, and especially if you've had a recent or current health problem.

Learn proper technique. Exercises done improperly won't give you the results you want, but they will put you at risk for injury.

"Exercise is good for everyone as long as you go about it intelligently," she said. "If you are already fit, think about adding variety to your workout. If you have not been exercising but want to start, be patient and be realistic in setting goals."

"Whatever you do, select activities you enjoy," Friedman insisted. "You will not stick with a program you hate."

*(Editor's note: From the Office of the Assistant Secretary of Defense for Health Affairs.)*

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# Ranks

**From page 4**  
could get ahead of the ballgame from day one. People are where they are in life because of the decisions that they made, she said.

"Coming from London, England, I knew very little about the military when I enlisted," Marks said. "I didn't know what a semester hour was, but while on active duty I've earned my associate's, bachelor's and now I'm working on my master's."

All five of the sergeants major that volunteered to be interviewed had served as first sergeants. They each had their bachelor's degree, three had their master's and one had a doctorate. However, they all said that it takes more than professional development to rise to the senior ranks. Their jobs are centered on soldiers, the sergeants major said.

"To be a good leader, you have to care about the soldier and the soldier's family," Marks said. "You have to listen to what the soldier is saying to learn how to do what's best for him or her, and stay out of the been-there, done-that mode."

As sergeants major, they have a greater impact on the lives of soldiers, and now that they've reached the pinnacle, some say their jobs are a lot more challenging.

"We always have to be on guard, making sure that we're taking care of the soldier, because there are soldiers that will test your competency," Waters-Lindo said. "You just have to remain strong in your decisions and lead based on knowledge and not emotion."

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Photo by PFC. DANIEL P. KELLY  
Members of Maryland Army National Guard's 115th Military Police Battalion, assigned to the detention facility Camp X-Ray, Guantanamo Bay, Cuba, see visiting dignitaries come and go periodically. On this visit, Secretary of the Army Thomas E. White, left, talks to Col. Terry Carrico, commander of Camp X-Ray, during a walking tour of the facility to gain a better perspective of operations.

# MD Guard MP unit continues support of Enduring Freedom


115th MP Battalion PAO

Soldiers from the 115th Military Police Battalion, Maryland Army National Guard located in Salisbury and Parkville, have once again answered the call to duty. These soldiers, activated after the tragic events of Sept. 11, began deployments at the Pentagon and Ft. Stewart, Ga., and are now at Camp X-Ray, Guantanamo Bay, Cuba. Despite the quick notification and rapid deployment, the soldiers' spirits

remain high. "We fully realize what an integral part of Operation Enduring Freedom we are, and are more than ready to do our part," stated Staff Sgt. Mark Logsdon, 115th Military Police Battalion. Their mission, though simply stated, is far from simple: to oversee and ensure the safe arrival, transport and in-processing of the detainees. Soldiers receive the detainees; provide them with showers, have them examined by medical person-

nel and after further processing, assign them to their living quarters. The soldiers of the 115th are unsure when their mission in Cuba will be completed, or where the next stop might be on their "world tour," as some have dubbed it. Staff Sgt. Erik Miller of the 115th stated in response to the continuing mission, "It doesn't matter where, when or how; we're Maryland's finest and we'll get the job done."


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Budget

From front page

military housing. This would put the department on track to eliminate most substandard housing by 2007, Rumsfeld said. This is three years sooner than originally forecast. Money is also allocated to reduce out-of-pocket housing costs for servicemembers living off base from 11.3 percent today down to 7.5 percent in 2003. This would put the department on track to eliminate it by 2005, he said. About \$10 billion would go

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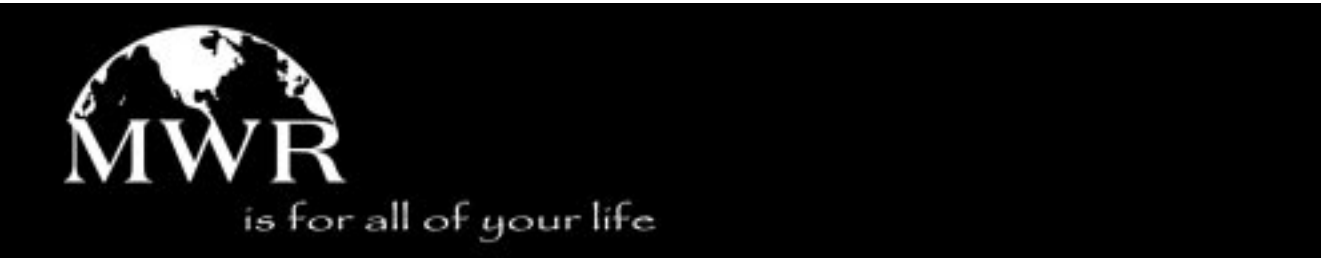
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**MWR hosts cruise to Bahamas**

Morale, Welfare and Recreation Office is hosting an eight-day cruise to the Bahamas from New York on May 19. Basic cost is \$459 plus \$140 for port tax. For more information, call Carlson Wagonlit Travel and ask for Debbie or Cathie at 1-877-588-8757, 410-272-7124, or

fax 410-272-1549.

**Paintball tournament**

On Saturday, March 23, 9 a.m., at Robinhood Paintball, Havre de Grace, MWR will host a day of paintball fun with the added dimension of competition with a round-robin tournament. You must register into one of two divisions; (Active Duty Division & Open Division) with a team of three (18 years of age or older). Each team will receive all necessary paintball equipment and 1,000 rounds of paintballs. Additional rounds will be available for purchase. Awards go to the top two finishing teams in each division. Cost is \$140 per team. Registration is limited to the first 20 teams and will be held Feb. 15 to March 15 at the Outdoor Recreation Equipment Resource Center, building 2407. Transportation is not provided. For more information, contact Charles Heinsohn at 410-278-3868 or e-mail: [charles.heinsohn@usag.apg.army.mil](mailto:charles.heinsohn@usag.apg.army.mil).

**Lunchtime hand-held computer class**

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or e-mail: [earlene.allen@usag.apg.army.mil](mailto:earlene.allen@usag.apg.army.mil).

**Bowling Center hours change**

The Bowling Center, building 2342, has new hours. On Sunday, the center is open from noon to 7 p.m.; Monday and Tuesday, from 11 a.m. to 6 p.m.; Wednesday and Thursday, from 11 a.m. to 10 p.m.; Friday, from 11 a.m. to midnight; and Saturday, from 1 p.m. to midnight. The Bowling Center offers great lunchtime specials, open bowling, leagues for youths and adults, special parties, organization day events and more. For more information, call Dave Brewner, manager, at 410-278-4041.

**Automotive Crafts hours change**

The Automotive Crafts Shop, building 2379, has new hours. Wednesday through Friday it is open 11 a.m. to 7:30 p.m. and on Saturday, Sunday and training holidays it is open 9 a.m. to 5 p.m. The center is closed on Monday and Tuesday. The shop is a full-service automotive maintenance facility, offering self-help repair and training. Tools, equipment and lifts are available for all car care needs. For more information, call Cal Adams, 410-278-5178/2884.

**All Army sports applications due**

Active duty soldiers interested in participating on the All Army Sports Teams for the following sports must submit an application to the Aberdeen Proving Ground Sports Office by Feb. 18, basketball/women; Feb. 28, bowling and March 11, racquetball. Candidates are advised to read Army Regulation 215-1, section 20c, which reviews the standards for All Army participation. Visit the Army Sports Web site at

[www.armymwr.com/mwr/armysports](http://www.armymwr.com/mwr/armysports). Soldiers must be assigned to a unit at APG at the time the application is due. For more information, contact Donna Coyne at 410-278-3929.

**Intramural Racquetball tourney deadline Feb. 14**

The entry deadline for the 2002 Racquetball Tournament is Feb. 14. The tournament is open to active duty and civilians of Aberdeen Proving Ground. The play dates are Feb. 19 to 28. Sign up at the Aberdeen Area Athletic Center, building 3300, or Hoyle Gym, building E-4210, in the Edgewood Area. For more information, contact Donna Coyne at 410-278-3929.

**Urban line dance lessons**

Lessons will be held every Thursday for 10 weeks beginning Feb. 21, 7 to 8 p.m., Aberdeen Area Recreation Center Ballroom. Learn some basic steps in the latest East Coast Urban Line and hand dances. Impress your friends with the New Jersey Hustle, the Cow Funk, the Swing, Jitterbug and even an old favorite like the Electric Slide. Meet new friends, get some great exercise, have a lot of fun, and learn what you need to help you survive social events and give you the courage to get out and dance. This 10-week session costs \$60 per person. Registration will be held through Feb. 14 at the AA Recreation Center, building 3326. Class is limited to 40 participants. For more information, contact Earlene Allen at 410-278-2621 or e-mail: [earlene.allen@usag.apg.army.mil](mailto:earlene.allen@usag.apg.army.mil).

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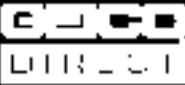
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# Community Notes

**FRIDAY**  
**FEBRUARY 15**  
**CWF BUSTRIPTO DINNER THEATER**

The Civilian Welfare Fund is sponsoring a trip to see the musical “Jekyll & Hyde” at the Three Little Bakers Dinner Theater. The cost is \$45 per person, which includes bus transportation, dinner and the show. For reservations or more information, call Angela Keithley or Jacqueline McKeever at 410-278-4603/4771.

**BASKET BINGO**

Basket Bingo to benefit Halls Crossroads Elementary will be held at the Aberdeen Fire Hall, Rogers Street, 7 p.m.; doors open at 6 p.m. Food, drinks, and baked goods will be available.

Tickets cost \$10; additional sets cost \$5. For tickets, call Voretta Santos, 410-272-4471.

**SATURDAY**  
**FEBRUARY 16**  
**BREAKFAST CELEBRATES BLACK HISTORY**

St. James A.M.E. Church School members, 615 Green Street, Havre de Grace, will celebrate Black History month with a community breakfast, 8:30 to 11 a.m. For information, call 410-939-2267.

**TUESDAY**  
**FEBRUARY 19**  
**BLACK HISTORY MONTH SPECIALTY MEAL**

The annual Black History Month Specialty Meal will be held in the Aberdeen Area dining facilities, buildings 4219 and 4503, and Edgewood Area dining facility, building E-4225, 5:30 to 7 p.m. During this event all military personnel, family members, Department of Defense civilians, retirees and guests are invited to dine.

The standard meal rate of \$3.25 applies to any officer, enlisted member, and family member of sergeant or above, Department of Defense civilian, retiree and their guest. The discount meal rate of \$2.70 applies to spouses and other family members of enlisted personnel in ranks private through specialist/corporal.

The menu consists of old fashioned bean soup, barbecued spare ribs, fried and baked chicken, fried catfish, roast beef, pulled pork, black-eyed peas and ham hocks, baked macaroni and cheese, steamed rice, corn on the cob, greens with ham hocks, corn bread with bacon bits, assorted salad bar, potato salad, jellied fruit salad, fruit salad, cole slaw, assorted pies, banana pudding, fresh fruit, soft-serve ice cream and assorted beverages.

Note: The menu is subject to change without prior notification.

For more information call Edward Parylo, or Joyce Thane at 410-306-1399/1393/1398.

**WEDNESDAY**  
**FEBRUARY 20**  
**ASMC LUNCHEON**

The American Society of Military Comptrollers, Chesapeake Chapter, will host a buffet luncheon 11:30 a.m. to 1:30 p.m. at Top of the Bay. The guest speaker will be Ernie Gregory, deputy assistant secretary of the Army for Financial Operations. Cost is \$10.50 for members and \$11.50 for non-members. Reservations must be made not later than 9 a.m. Feb. 14. If interested in attending, contact Peggy Morrison, 410-278-1229; Tina Allen, 410-436-7208 or Mae Wallace, 410-278-3491.

**EA CHRISTIAN FELLOWSHIP**

The Edgewood Christian Fellowship will meet 11:30 a.m. to 12:30 p.m. at the Edgewood Area Chapel. There will be a video presentation about taking the Gospel to a remote tribe in Papua, New Guinea. For luncheon reservations, call 410-436-4109 by noon on Feb. 19.

**THURSDAY**  
**FEBRUARY 21**  
**SAME LUNCHEON**

The February luncheon of the Society of American Military Engineers-Chesapeake Post will be held 11:30 a.m. to 1 p.m. at the Booz Allen Hamilton Office, 1309 Continental Drive, Suite R, in Abingdon.

The scheduled speaker is Mark S. Johnson, Ph.D., U.S. Army Center for Health Promotion and Preventive Medicine. Johnson's presentation is titled “Army Risk Assessment Modeling System.” He will focus his presentation on methods to refine risk assessment in the Army regarding encroachment and the need to maintain training activities, and include a realistic assessment of risks posed to humans and wildlife resulting from these activities.

For lunch reservations, respond no later than Feb. 18 to Donna Vereb, 301-670-5485 or e-mail donna\_vereb@urscorp.com.

**WARRANT OFFICERS ASSOCIATION MEETING**

The February meeting of the Aberdeen/Edgewood Chapter of the United States Warrant Officer Association will be held on at 11:30 a.m. in the Gunpowder Room of Top of the Bay. All warrant officers are welcome to attend. Elections will be held at the meeting. If you have a nomination, contact Chief Warrant Officers Don Williams or Larry Van Cleve. For more information concerning the chapter, contact Chief, Warrant Officers Pete Hill or Jane Jones at 410-278-4979.

**SATURDAY**  
**FEBRUARY 23**  
**BINGO**

Basket Bingo, sponsored by the Port Deposit VFW Post 8185, Route 222, will begin at 7 p.m. Doors open at 6 p.m. Tickets cost \$10 per person and include 20 games on paper cards. Tickets are available by calling Anne Gibson, 410-378-3338, Brenda Conjour, 410-273-7332, or Kathy Heaton, 410-378-3594.

**SOUL FOOD DINNER**

The women of St. James A.M.E. Church, 617 Green Street, Havre de Grace, will sponsor their first soul food dinner, 11 a.m. to 4 p.m. Take-out or dine-in is available. Select three main entrees from turkey, pigs feet, ham, fried chicken or fried fish. Also, select three side dishes from baked macaroni, black-eyed peas, collard greens, candied yams, potato

salad, or cabbage. Dinner includes rolls, dessert and beverages. Cost is \$10 for ages 13 and older and \$5 for children 12 and under.

For tickets or information, call Subria Kelly, 410-272-7912, 410-278-5695 or 410-939-2267. The program will benefit Woman's Day 2002.

**THURSDAY**  
**FEBRUARY 28**  
**APG NEWCOMER ORIENTATION**

The Aberdeen Proving Ground newcomer orientation will be held at the Aberdeen Area Recreation Center, building 3326, 1 to 3 p.m. All military and civilian personnel, retirees and their family members are invited to attend. Representatives of support agencies and organizations will be present to discuss their activities. Door prizes will be awarded as well as give-aways.

For more information, call Fred Posadas, relocation manager, Army Community Service, 410-278-2453.

**SATURDAY**  
**MARCH 2**  
**GOOD SHEPHERD CATHOLIC SCHOOL BINGO**

Basket Bingo to benefit the Good Shepherd Catholic School will be held at the school, 810 Aikens Avenue, Perryville, 7 p.m.; doors open at 6 p.m. Food, drinks and baked goods will be available. Cost is \$10 per ticket; additional sets are available for \$5. For tickets, call the Good Shepherd School, 410-642-6265, or Brenda Conjour, 410-273-7332.

**SATURDAY NIGHT COMEDY JAM PART IV**

Charlton-Miller VFW Post 6054 presents “Saturday Night Comedy Jam Part IV” featuring from the “Kiss My Bumper” commercial and BET Comic View, comedian Howard G, and friends. Show time is from 9:30 p.m. to midnight. There will be an “After Party” Jam. Donations are \$10 in advance and \$12 at the door. Tickets are available at the VFW Post 6054 or contact Sr. Vice Commander Terry Robinson at 410-272-3444.

**BULL AND OYSTER ROAST**

St. Joan of Arc School is having a bull and oyster roast at the Richlin Ballroom in Edgewood, 8 p.m. to 12 a.m. There will be a variety of food including carved beef, raw bar, ham, hot and cold buffet, desserts, and beer and soda. The evening's activities include a silent auction, raffles, big 6 wheel and a D.J. The cost is \$30 per person (adults only). Space is limited. Tickets are available through SJA School, 410-272-1387, or call Marita Lukey, 410-273-6686.

**BASKET BINGO**

Basket Bingo to benefit Good Shepherd Catholic School will be held at the Good Shepherd School, 810 Aiken Avenue, Perryville, 7 p.m., doors open at 6 p.m. Food, drinks and baked goods will be available. Tickets cost \$10; additional sets cost \$5. For tickets call Good Shepherd School, 410-642-6265 or Brenda Conjour, 410-273-7332.

**FRIDAY**  
**MARCH 8**  
**BASKET BINGO**

Basket Bingo to benefit U.S. Army Center for Health Promotion and Preventive Medicine Organizational Day will be held at the Aberdeen Fire Hall, Rogers Street. Doors open at 6 p.m., bingo begins at 7 p.m. Tickets cost \$10; additional sets cost \$5. Pit beef, ham & turkey, barbeque, drinks, and baked goods will be sold. For tickets, call Anne Gibson 410-378-3338 (home), 410-436-2800 (work) or Brenda Conjour, 410-273-7332

**SATURDAY**  
**MARCH 9**  
**EA-OWC SPONSORS BASKET BINGO**

The Edgewood Area Officers' Wives Club is sponsoring Basket Bingo at the Gunpowder Club, Edgewood Area, Aberdeen Proving Ground. Doors open at 6 p.m., with bingo proceeding at 7 p.m. Tickets are \$10, and include 20 games of bingo, the opportunity to purchase additional cards at a discount, door prize opportunities and refreshments. All prizes are baskets. Proceeds from the event benefit the scholarship and charitable donations funds of the club, distributed to local schools, military and community organizations and charities each spring. Space is limited for this event. Admission ticket sales the night of the event will be on a space-available basis.

Purchase your tickets in advance by contacting Karen Chambers, 410-676-9142, buying at set locations throughout the Aberdeen and Edgewood areas, or contacting a club member.

**BUSTRIPTO DOVER DOWNS AND REHOBOTH OUTLETS**

Get away for the day. Take a trip with NET NEMOW (Ten Women spelled backwards) to Rehoboth Outlets and Dover Downs, for shopping and gaming. Cost is \$35 per person. A chartered bus will leave the Aberdeen Plaza Shopping Center at 7 a.m. and return at 7 p.m. For information or reservations, call 410-939-1489, 410-272-4902, or 410-272-3744.

**FRIDAY**  
**MARCH 15**  
**MCSC BASKET BINGO**

The Aberdeen Area Military and Civilian Spouses Club, or MCSC, will host a Basket Bingo at the Aberdeen Fire Hall on Rogers Street. Doors open at 6 p.m. and play begins at 7 p.m. Refreshments will be available. Tickets cost \$10 for 20 games. Tickets will be available at Aberdeen Proving Ground Main PX on Feb. 16 and March 9. Call Angie Salamy at 410-272-6712 to reserve your tickets. Proceeds from this event will benefit MCSC scholarship and welfare funds. Players will receive two extra raffle tickets if they wear green.

**SUNDAY**  
**MARCH 24**  
**WACVA FUNDRAISER**

The Women's Army Corps Veterans' Association is hosting a Bull/Oyster Roast to raise money to purchase a wheel chair accessible van for the transportation of Perry Point VA Hospital disabled veterans.

The DAV Transport picks up veterans from their homes so they can make their doctor's appointments, and takes them

## MOVIES

ADMISSION: ADULTS \$3, CHILDREN \$1.50  
Building 3245 Aberdeen Boulevard

**LORD OF THE RINGS:  
THE FELLOWSHIP OF  
THE RING (FREE  
ADMISSION)**

Friday, Feb. 15, 7 p.m.

Starring: Elijah Wood, Bill Boyd



Frodo Baggins battles against the Dark Lord, Sauron, to save Middle Earth from the grip of evil. Frodo and The Fellowship embarks on a desperate journey to rid the earth of the source of Sauron's greatest strength, the One Ring, a ring of such power that it cannot be destroyed. His extraordinary adventures across the treacherous landscape of Middle Earth reveal how the power of friendship and courage can hold the forces of darkness at bay. (Rated PG-13)

**ALI (FREE ADMISSION)**

Saturday, Feb. 16, 7 p.m.

Starring: Will Smith, Jamie Foxx



With wit and athletic genius, with defiant rage and inner grace, Muhammad Ali forever changed the American landscape. Fighting all comers, Ali took on the law, conventions, the status quo and the war - as well as the fists in front of him. Ali both ignited and mirrored the conflicts of his time and ours to become one of the most admired fighters in the world. (Rated R)

The Post Theater will be closed Friday, Feb. 22 and Saturday, Feb. 23 due to the 26th Annual Wilbert Davis Gospel Night.

## LIBRARY BOOK CORNER

The following materials are available at the APG Library in conjunction with Black History Month:



**American Patriots: the story of Blacks in the military from the revolution to Desert Storm** by Gail Buckley.

**Black Genius and the American Experience** by Dick Russell.

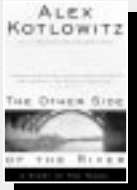


**George Henry White: an even chance in the race of life** by Benjamin Justesen.



**On Her Own Ground: the life and times of Madam C. J. Walker** by A'lelia Bundles.

**The Other side of the River: a story of two towns, a death and America's dilemma** by Alex Kotlowitz.



**Black Mutiny: the revolt of the schooner Amistad** by William Owens.

**Dream Makers, Dream Breakers: the world of Justice Thurgood Marshall** by Carl Rowan.



**Freedom's Daughters: the unsung heroines of the Civil Rights Movement from 1830 to 1970** by Lynne Olson.

**The Burning: massacre, destruction, and the Tulsa Race Riot of 1921** by Tim Madigan.

**The Black West: a documentary and pictorial history of the African American role in the westward expansion of the United States** by William Katz.



**Cathy Williams: from slave to female Buffalo Soldier** by Phillip Tucker.

You can receive a complete listing of the library's new materials via e-mail and also reserve items electronically. Contact the library for details.

Operating hours of the Aberdeen Area Library, building 3320, are Saturday and Sunday, 1 to 5 p.m., Monday, Wednesday and Thursday, 11:30 a.m. to 6:30 p.m.

The Edgewood Area library is only open on Tuesday, 11:30 a.m. to 6:30 p.m.

home afterward. Many veterans are in wheel chairs and unable to transfer to vans without help. The new van would help ease the transfer process. The van will cost \$35,000 to \$45,000.

The fundraiser will be held at the Richlin Ballroom in Edgewood, 2 to 6 p.m. Tickets cost \$35. There will also be a Big 6 Wheel, plant wheel, silent auction and a raffle. Donations are needed for the silent auction. Anyone who would like to attend or volunteer should contact Wanda Story at 410-272-5040.

**SATURDAY**  
**MAY 11**  
**CWF BUSTRIPTO NYC**

The Civilian Welfare Fund is sponsoring a trip to see “42nd Street” on Broadway, in New York City. The price is \$110 per person, which includes charter bus transportation and the ticket for the show.

For reservations or more information, contact Angela Keithley or Jacqueline McKeever at 410-278-4603/4771.



















# They shoe horses, don't they?

## Local man pursues career as a farrier

**Sheila Little**  
APG News

Not since the invention of the automobile have people thought much about transportation via horse, but one Plumb Point Loop resident has considered it a lot. In fact, he considers it nearly every day.

Brad Ertwine is a journeyman farrier. As one who deals directly with the hooves of horses, Ertwine travels to local stables throughout the area, cleaning and trimming the hoofs of horses, and shoeing them when necessary.

"I love working with animals, and I love the people too," Ertwine said. "Everyone is friendly. It's a really good experience."

Involved with horses since he was a child, the son of the commander of the U.S. Army Developmental Test Command, Brig. Gen. Dean R. Ertwine, said he enjoys nearly every aspect of working with horses, their owners and trainers.

"He always enjoyed horses (as he was) growing up," said his mother, Linda. "He rode wherever we were stationed."

The 23 year-old became more involved once the family reached Picatinny Arsenal, N.J. At that time a high school sophomore, he continued with riding lessons, cared for the horse that the family leased, and worked in the boarding stables.

"I cleaned stalls, moved hay, groomed and fed horses, and did fence work," Ertwine said, adding that he didn't mind the grueling schedule involved with caring for a horse, going to school and working. Asked about the constant attention and hard work involved, he said, "I couldn't say anything bad about it. I really enjoy it."

Researching career possibilities that included a tie to horses, Ertwine decided that becoming a farrier was something to pursue. While a

high school senior, he began farrier school part-time, under his high school's work-study program. Attending classes at high school in the morning, his afternoons were devoted to getting farrier experience. One of only four students accepted at the specialty school in the eastern part of the country, Ertwine said the New Jersey farrier school he eventually attended full-time, is one of only a few of its kind in the country.

"We tried to guide him in the right direction," said his mother. Wherever the family was stationed, the Ertwine's researched the farrier field through friends and acquaintances met through on-post and other local riding facilities, and through the Internet. "It's been an education for me too," she said of the search to find just the right career fit.

Once he graduated high school, Ertwine continued the farrier course full-time, qualifying as a journeyman 1 farrier in just six months. As a journeyman 1, Ertwine has training in trimming hooves and in cold and hot-fitting shoes.

Working for the past two and one half years under the guidance of Joe Ludford at Elite Farrier Service of Baltimore, Ertwine has worked extensively in Baltimore and Harford counties, and has also wintered in Florida, caring for locally-owned race horses that are moved to train in warmer temperatures during Maryland's colder months of the year.

But the slow economy and the effects of Sept. 11 are being felt to this day in the horse industry. With the downturn in the economy, and interest waning in the horse industry, Ertwine is left with few clients.

"I'm looking for new clients and for an established business to work with," he said.

Voicing a positive outlook he said, "Things will eventually turn around. I just want to continue to do what I love to do."

*(Editor's note: Ertwine can be reached at 410-273-6606.)*



Photo by SHEILA LITTLE  
Brad Ertwine checks a shoe worn by Duke, an 11 year-old standard bred cross, stabled at the Aberdeen Proving Ground Riding Facility on the Edgewood Area. Looking on is Duke's owner, Donna Price.

## CATHOLIC LENTEN SERVICES



### Aberdeen chapel

Wednesdays	6:30 p.m.	Stations of the Cross
March 1	11 a.m.	Adoration, Benediction
March 1	11:45 a.m.	First Friday mass
March 9	9 a.m. to 5 p.m.	Adult Lenten Retreat
March 24	8:30 a.m.	Palm Sunday mass
March 27	7 p.m.	Ecumenical Tenebrae Service
March 28	11:45 a.m.	Holy Thursday mass
March 29	12 p.m.	Stations, Seven Last Words
March 30	8 p.m.	Easter Vigil
March 31	8:30 a.m.	Easter Sunday mass

(The Protestant Easter Contata will be part of the morning service March 24, 10:15 a.m. at the Aberdeen Chapel.)

### Edgewood chapel

Feb. 12	5 to 7 p.m.	Shrove Tuesday Pancake Supper
Feb. 13	11:45 a.m.	Ash Wednesday mass
Thursdays	7 p.m.	Stations of the Cross
March 24	10:45 a.m.	Palm Sunday mass
March 26	7 p.m.	Ecumenical Tenebrae Service
March 28	7 p.m.	Holy Thursday mass
March 29	11:45 a.m.	Good Friday Solemn Liturgy
March 31	10:45 a.m.	Easter Sunday mass

For more information, contact the Aberdeen Chapel, located in building 2485, at 410-278-4333.  
The Edgewood Chapel is located in building E-4620 and can be reached at 410-436-4109.

## Soldier carries WTC flag at Olympic opener

**Brian Lepley**  
Army News Service

It was an offer two-time Olympian Sgt. Kristina Sabasteanski couldn't refuse.

U.S. Biathlon team leader Steve Sands had a request for the Army World Class Athlete Program soldier Feb. 7.

"I was sitting at breakfast the day before opening ceremonies and the team leader says 'How would you feel about carrying the World Trade Center flag?'" she said.

Sands nominated Sabasteanski as the biathlon's pick to represent skiing athletes. It didn't take long for her to say yes.

"I was speechless. I was like, wow! It was so exciting,"

she said.

The tattered flag was carried into the 19th Winter Olympics Opening Ceremony at Rice-Eccles Stadium Feb. 8, by eight athletes, escorted by New York City firefighters and Port Authority police.

"It was pretty emotional. This isn't just touching it, it was both extremes," Sabasteanski said of the experience. "You're feeling 'Wow, this is the World Trade Center flag and it represents the power of America, that we can come back.' Then you're thinking 'What did this flag see?' This flag was what was left of 3,000 lives. In that aspect you're feeling somber.

Its appearance left the crowd of 55,000 spectators

and 5,000 ceremony participants in respectful silence.

Sabasteanski is on her second consecutive Olympic team. The opening ceremony in the U.S. was different from Nagano, Japan, in 1998.

"That was amazing in Japan, but then I was like 'Wow, I actually made the Olympics!' Now I'm in my own country and these Americans are cheering for everyone here," she said. "It was one of the biggest highs of my life."

(Editor's note: Brian Lepley is reporting the Olympic games as a correspondent for the Army's World Class Athlete Program and the U.S. Army Community and Family Support Center.)

## YS holds baseball/softball/T-ball registration

Aberdeen Area Youth Services baseball/softball registration will be held Feb. 14 and 15 at the AA Youth Center, building 2522, from 6 to 8 p.m. Call Eric Henderson, 410-278-4995, for more information.

For registration in the Edgewood Area, sign up at the EA Youth Center, building E-1902, Feb. 14 and 15, from 6 to 8 p.m. For more information, call Scott Cottrell, 410-436-2172.

Registration is available on the above dates only. No late registrations will be accepted due to team entry deadlines.

Age is as of July 31. Children can sign up

for T-ball (ages 4 to 6), coach pitch (ages 7 to 8), kids pitch (ages 9 to 15), and softball (ages 9 to 18). Cost for registration is \$35 per child; \$25 for T-ball. Practice will begin the first week of April.

To register, bring a completed sports physical form, Youth Services annual registration fee, baseball/softball registration fee and birth certificate or military identification.

Volunteer coaches are needed.

For more information, call Bill Kegley, 410-306-2297.

## Fireman

*From front page*

"Several people took an interest in me and took me under their wings," Cox said. He named Aberdeen firefighters, Keith Ford, George Barrett, the late William Benjamin and Buddy Budnick.

"You can't change people but you can change attitudes," he reflected.

Cox said he hopes that what he went through helped smooth the way for those who followed.

"I knew that those coming behind me would be judged based on my actions," Cox said, adding that he realized he was being "heavily scrutinized and responded accordingly."

"It was tremendous pressure but it was worth it," he said.

Today, he oversees a department tasked with fire fighting and prevention, search and rescue operations, and medical emergencies.

In addition, all installation firefighters are certified in

equipment and procedures for chemical and biological hazards.

The department contains millions of dollars in equipment and the 911 emergency call center that serves the Edgewood Area and the surrounding communities.

"Our territory extends outside the gate, into the town of Edgewood, Atkisson Dam area, Baltimore County and the waterways surrounding the proving ground," Cox said.

Firefighting has changed dramatically over the years and the installation departments are among the best anywhere, Cox said.

Like most firefighters, he was horrified at the great loss the corps took on Sept. 11.

"Nobody ever thought those two 110-story buildings would come down," he said, adding that, "the fire service is changing the way we do things because of it."

He said firefighting is a vocation that forms a close bond among its members.

"We're a tight group because we live together. We run our families and raise our children from here," Cox said.

"Fire fighting is a passion," he added. "You have the opportunity to go in where something has gone terribly wrong and put things right or make something good come out of it. That's what drives most of us."

He added that most firefighters have been hurt on the job but that "it makes you more appreciative of every passing day and of your family."

"I learned in 'Nam' how precious life and family is," he said, noting that he and his wife never put off anything.

"We don't wait for that big vacation. We go where we want whenever we have the opportunity because you just never know," he said.

Cox said he has none of the superstitions that firefighters are known for, just an appreciation of life and people.

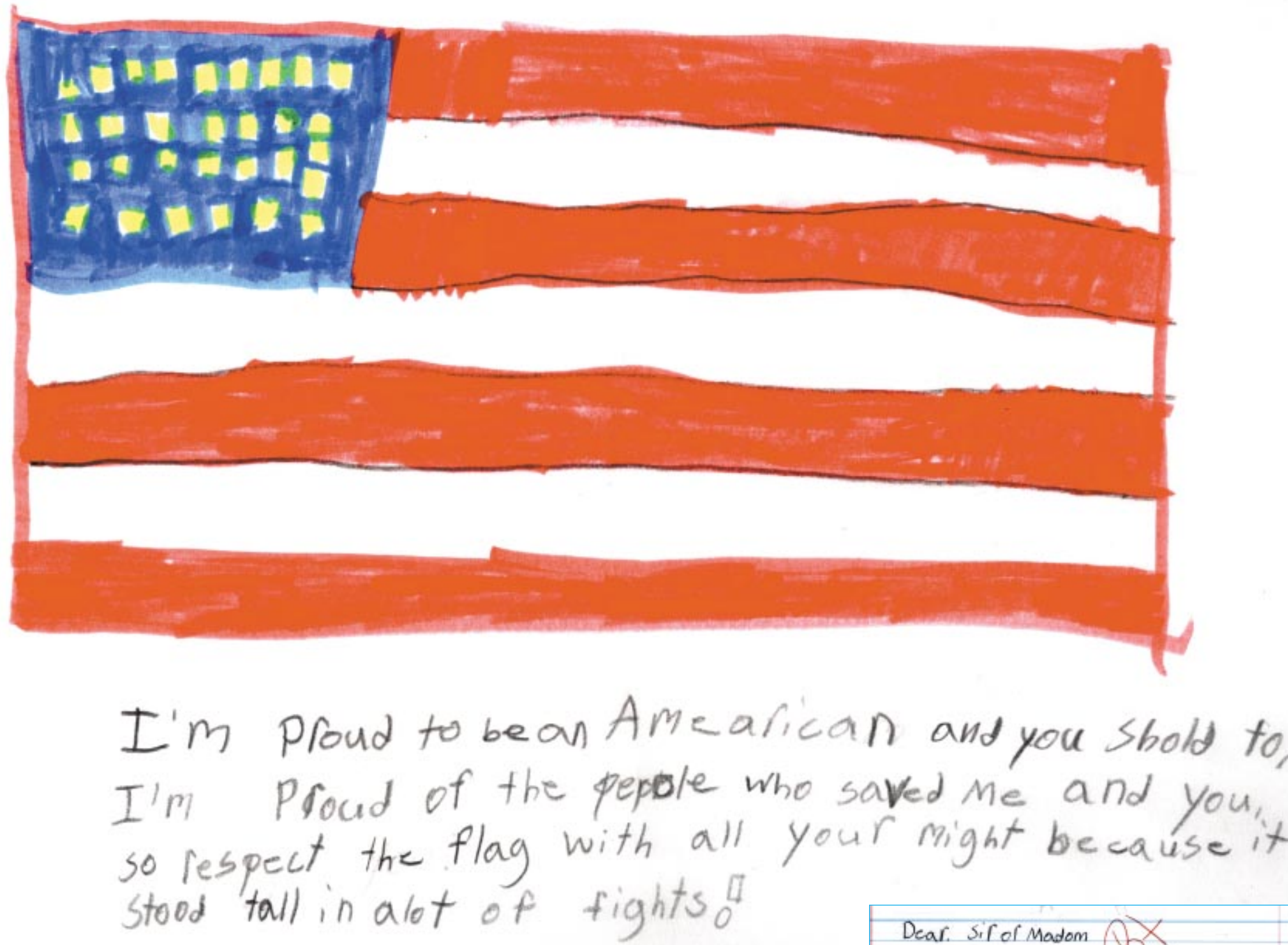
"It's been a good ride and I have no regrets," Cox said. "I just try to put a smile on someone's face when they need one."

"I'm a simple man. I don't ask for much."



Photo by YVONNE JOHNSON  
Battalion Chief Charles Bernard Cox examines rescue equipment on one of the engines at the Edgewood Area Fire Station. Cox has battled Harford County and Aberdeen Proving Ground fires for more than 30 years.



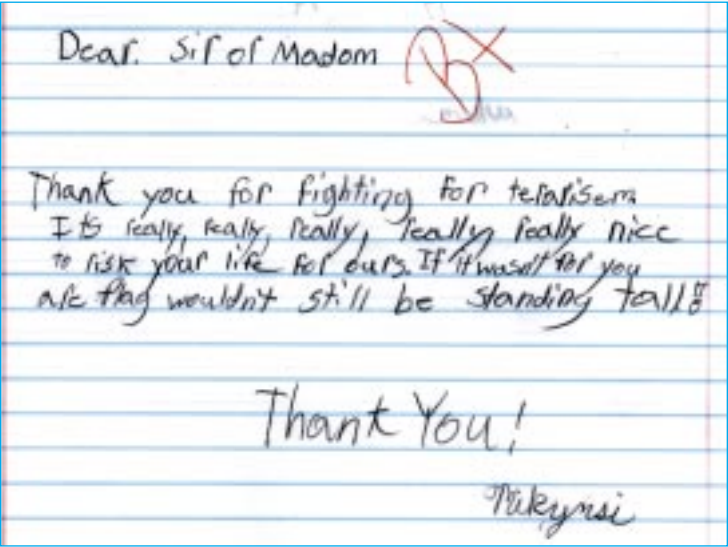



# Local Girl Scouts show patriotism

**Sheila Little**  
APG News

Members of Girl Scout Junior Troop 1553, which meets at the Grace United Methodist Church in Aberdeen, are working on the latest badge created by the national Girl Scout organization. Entitled "United We Stand," the badge was created after the September 11 terrorist attack against America, as a way for Girl Scouts to show their patriotism. The fourth through sixth grade junior scouts can qualify for the new badge by writing a letter to

a soldier or creating artwork or a poem about what America means to them and studying the story behind two symbols of America such as the design and creation of the flag, the pledge of allegiance, the national anthem, or the choice of the bald eagle as our national symbol. In addition, those vying for the badge memorize patriotic songs and participate in a community service project designed to show their love for the country. Shown above is the letter to a servicemember and artwork and poem submitted by 9 year-old Mikynsi Steffan of Girl Scout Troop 1553.





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#### Home Equity Loan

It's easy to give your house a new roof or family room with our low-rate Home Equity Loan. The 6.49% Annual Percentage Rate is yours on a 5-year loan when the payments are deducted from your Farmers Bank checking account. On a 60-month loan, the monthly payment would be \$19.56 for each \$1,000 borrowed. As an added bonus, the interest may be tax-deductible. Ask your tax advisor for details.



### Take advantage of our limited-time offer!

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### Stop by or call today.



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OF MARYLAND  
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Offer valid for Maryland properties only. Member FDIC.  is registered with the U.S. Pat. Off. 

## Join the SIBA Boat Club

The Spesutie Island Boating Activity, or SIBA, is accepting applications for the 2002 season. Membership requirements include possess a government identification card, boat registration, and proof of insurance.

Costs are:

- For a moored boat - \$11 per foot
- For a boat on trailer in parking lot space - \$8 per foot,
- For ramp access only - \$7.50 per foot.

Members perform eight hours of work for the club and stand security watches.

Membership is open to active duty military, full-time Army National Guard, retired military, Department of the Army civilians employed at APG, retired APG civilians, and full-time contractors with government ID cards. Details can be found in Army Regulation 215-27. Applications can be picked up at the SIBA clubhouse, building 36, or at Outdoor Recreation.

For more information, call Outdoor Recreation at 410-278-4124.

## CA UPDATE

*The following question and answer about the APG Garrison's Commercial Activities Study is provided by the Commercial Activities Team.*

### Q

How often can we expect updates in the APG News? I look weekly and have not seen many items. Also I have asked several questions and have not seen the answers published yet. When does the Performance Work Statement, etc., close?

### A

This is the latest question received from the CA Hotline. My initial response is that items are published when questions on CA are received or changes or updates occur that make it necessary to update the workforce with new information. Questions received on the Hotline are sent to several different offices for staffing or input, depending on the nature of the question, for example, DRM, CPAC, Legal, Contracting, DIO. After responses are received, they are reviewed to ensure a clear and concise answer and sometimes they are restaffed. They are then sent to PAO for editorial review and submission to the APG News. They appear in the next issue according to receipt and publication dates. Some questions are more complex and take longer to coordinate, so they do not appear in the APG News as quickly.

The Performance Work Statement team has been revising the document almost daily to clarify issues and update functional requirements and workload information. We will continue to revise these statements for at least another month.

The CA Hotline, 410-278-7414, is available 24 hours a day to record employees' questions or concerns regarding the CA Study. Employees are also invited to send e-mail to CA.Hotline@usag.apg.army.mil. In addition, information is posted on the APG Web site, [www.apg.army.mil](http://www.apg.army.mil). Click on CA Study on the first page.